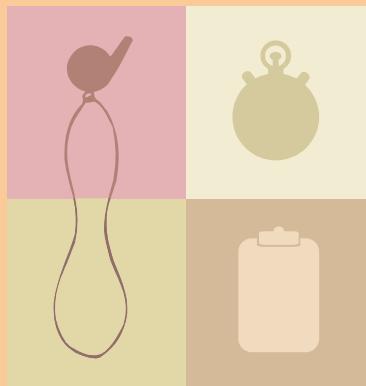


James D. Martin

Employee

Work/Life Center

SKILLS FOR RESILIENT LIVING



Coaching Works!



*National Oceanic and Atmospheric
Administration*

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***THE
DOCTOR IS
IN***



**James D. Martin Employee
Work/Life Center**

Tel. 301.713.9456

Ever Feel Like You Are Headed in the Wrong Direction?



Often, we get stuck in patterns that do not really work for us. At these times, a fresh perspective from a trusted advisor can help us to break free from old ways of thinking and doing. Coaching is a solution-focused approach that helps you examine the problem in a new way and develop an action plan for making the change you need.



With our new "The Doctor Is In" initiative, you are invited to schedule a 15 minute coaching session with Dr. Flynn. You may schedule this session in person or by telephone.



Sessions may pertain to a variety of topics on career and life issues. Are you having difficulty with co-workers? Need assistance in applying to within NOAA jobs? Want to create better balance between work and life? These are just a few of the topical areas we offer for coaching.

The staff of the Work/Life Center share a deep commitment to the well-being of NOAA employees. We look forward to assisting you!

Please obtain permission from your supervisor prior to scheduling a session!

Areas for Work & Personal Coaching

- Skills for Managing Stress
- Improving Employee Relations
- Career Coaching (resume development, interview skills, networking, etc.)
- Identification and Referral to Needed Resources
- Balancing Career and Personal Life
- Parenting Issues



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